

Pasta with Sweet Potato Sauce

Ingredients:

- ♣ 1 lb. Sweet Potatoes, About 3 Medium
- ♣ 1/8 tsp. Salt
- ♣ 1/2 lb. Cooked Pasta
- ♣ 2 Tbs. Chopped Parsley
- ♣ 1 12 oz. Can Evaporated Skim Milk
- ♣ 1/4 tsp. Ground White Pepper
- ♣ 4 Tbs. Grated Parmesan Cheese
- ♣ Pasta of Choice

Preparation Time: > 30 minutes

Directions:

Peel and slice sweet potatoes and steam for about 14 minutes until soft. Place cooked potatoes into blender with milk and whisk for about 7 minutes. The mixture will become a glossy, rich color. Season with salt and pepper and pour over cooked pasta. Sprinkle with grated Parmesan cheese and parsley.

Serves: 4 people

This recipe provides **2** fruit and vegetable servings per person.